



### Overview

The Oregon Rafting course for grieving teens is a unique program specifically designed for students coping with the death of a loved one. Participants experience grief-work activities woven into the traditional Outward Bound curriculum, and challenge themselves while exploring some of Oregon's most beautiful and rugged terrain. The first days of your trip will be spent on the wild and scenic Deschutes River building critical skills in teamwork and camp craft. This experience



will serve as the foundation as you continue your journey, learning paddling skills, river hydrology, raft captaining, and safety. The course also includes an emphasis on leadership, character development, and an ethic of service. You do not need to have any previous experience, and will be taught necessary skills, including challenges such as navigating through rapids, swimming in cold water, paddling into headwinds, and more. Arriving physically fit and excited for the opportunity for personal development will enhance your experience and allow you to take full advantage of the expedition.

### Outcomes

Outward Bound promotes character development, leadership, and service in the most engaging classroom possible ... the wilderness. In real time, students experience the effects of their decisions on themselves and the other members of their group as they work to complete difficult tasks necessary for wilderness travel. Instructors challenge students to try new things and step outside their comfort zones. They also provide feedback that students implement on course and when they return to their communities.

### Course Area

**DESCHUTES RIVER, OREGON** – The Deschutes River is part of the national Wild & Scenic Rivers System, flowing north from the Oregon Cascades to the Columbia River and then on to the Pacific Ocean. Courses generally travel anywhere from fifty to one hundred miles along the Lower Deschutes. The rapids on the Deschutes are rated to class IV, mostly class II-III. The group camps each night along the banks of the river.

### Course Activities

**WHITEWATER RAFTING** – Students will travel on the river in four to six-person paddle rafts, and learn to “captain” (maneuver) their paddle raft team through Class II to III rapids. After lessons in basic river travel and safety, students will learn to read currents, anticipate obstacles, and scout rapids. Students will also learn river hydrology, swimming in currents, paddle techniques, and expeditionary travel. There may also be an opportunity for short day hikes.



**SERVICE** – Service to others and to our environment is a core value of Outward Bound and is integrated into each course. Groups follow Leave No Trace ethics as they engage in acts of service while leading and supporting fellow participants. Students see the impact of their actions firsthand, and may develop a desire to continue service in their home communities.

**SOLO** – In order for profound learning to take place, students spend time reflecting on their experience, and Solo is that opportunity. The Solo experience provides an important break from the rigors of the expedition and gives students the opportunity to reflect on their Outward Bound experience. With sufficient food and equipment, students will set up camp at sites of their own, using the wilderness skills learned during the first portions of the course. The amount of time students spend on Solo is based on course length, weather, student condition, age, and Instructor preference. Solo campsites are chosen to offer as much solitude as possible (yet be within emergency whistle-signaling distance of other group members). Most students spend their Solo time journaling, drawing, reflecting, thinking and resting as they process lessons of the course to focus on their goals for the future. Instructors check on each participant at regular intervals, as safety is always a top priority.

## Sample Itinerary

*Please note that this is an example of activities that might occur on course, not a specific schedule or guarantee. All itineraries will vary depending on student groups, instructor teams, and environmental factors.*

<b>Day 1</b>	Course Start, welcome and introductions, gear-check, course overview
<b>Day 2</b>	Fitting and use of Personal Flotation Device, safety topics, captaining a raft, reading water, swim assessment, capsize drill, navigation, and camp-craft skills
<b>Day 3</b>	Practice captaining a raft, scouting, throw bag drill, swimming activities
<b>Day 4</b>	Opportunity for a day hike, rock jump, rock climbing, and/or rappelling. These activities are dependent on student and instructor outcomes for the course
<b>Day 5</b>	Day run through the town of Maupin. Largest concentration of rapids
<b>Day 6</b>	De-issue and clean gear; course closing and celebration
<b>Day 7</b>	Transportation home

